

Running 3.1 miles in Miles!

Great River Threshers

7th Annual "Sow Your Wild Oats" 5K Run/Walk Saturday, July 9, 2016 ~ 8:00 am ~ Miles, Iowa

Participants will receive: 7th annual t-shirt on race morning, guaranteed to pre-registered participants (postmarked by 7/1); Post-race refreshments; Over 30 door prizes to be given away after race; Free pass to Great River Threshers' grounds for Saturday only; Awards.

ENTRY FEES: \$20.00 includes t-shirt \$10.00 without t-shirt
Entry fee day of race will be \$15.

CO-ED AGE GROUPS (for Run only): (0-12) (13-19) (20-29) (30-39) (40-49) (50+)
There will be no age groups for Walk and top 3 finishers will be awarded.

**Race Registration and T-shirt pickup at
Great River Thresher Grounds @ 7:00-7:45 am.**
Any unclaimed shirts will be forfeited without refund.

MAIL ENTRY TO: Sarah Beeck
1155 -390th Avenue
Bryant, Iowa 52727

Questions?
563-682-7044

Proceeds go towards an
Agricultural Scholarship

Make checks payable to: GREAT RIVER THRESHERS

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7th Annual "Sow Your Wild Oats" 5K Run/Walk Registration

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____ AGE: _____

EMAIL ADDRESS to email registration to you next year: _____

Circle Adult Shirt Size: S M L XL XXL Run _____ Walk _____

Entry Fee Enclosed (postmarked by July 1, 2016) \$20 _____ No Shirt Option \$10 _____
Entry fee day of race will be \$15.

WAIVER OF LIABILITY: In consideration of you acceptance of my entry, I hereby for myself, my heirs, executors, and assigns, waive and release any and all rights and claims for damages against the city of Miles, Great River Threshers committee, sponsors, officials, volunteers, and workers for any injury or accident suffered by me in connection with the Great River Threshers "Sow Your Wild Oats," or in travel to or from the event entered.

SIGNATURE _____ DATE _____
(Parent's or Guardian's signature if entrant is under 18 years of age)